

# Season's Color Scheme and Fashion's Fads and Fancies

## EXERCISES FOR GIRLS AT THE AWKWARD AGE

This is the season of the year when the average mother discovers that the girl who has been bending over her desk all year at school needs some attention. She is all angles, bones, and humping shoulders.

If she is an unwise mother she alternately scolds and does poor Miss Fifteen with oils, emulsions, etc. If she is versed in the ways, heart, and sensitiveness of youth, she seeks to divert the girl's mind into pleasant channels which will lead to outdoor life, correct walking, and sane exercising.

First of all, she induces the girl to drink quantities of water, in order to flush her system thoroughly. Then she sets before her in most appealing form quantities of fresh, crisp vegetable salads, drenched in French dressing made with pure olive oil and the best of vinegar, also eggs, either raw in milk, or boiled soft or poached, but never fried. She lets her have good candy in moderation, but no rich pastries or cakes or made dishes. The best meats for the growing girl are rare roast beef or thick juicy steak or chicken, or veal or pork.

If possible, this wise mother takes walks with her daughter and by example as well as precept teaches her proper carriage. So many girls walk with one hip higher than the other, or with the abdomen protruding and the chest sunken, or with one shoulder higher than the other. These defects, if neglected in girlhood, become aggravated and unsightly in young womanhood.

The first principle of correct walking is expansion of the chest, which should be carried forward as if an unpinched egg were balanced upon it and must be carried throughout the walk. Then the body is balanced on the right foot, with the ear, shoulder, hip, and ankle all in a straight line while the left foot is extended, the toe touching the ground first, and then the left foot coming quickly into a position such as is described for the right foot, as the body is swung forward for the next step and the supporting foot is in turn raised from heel to toe to be swung out. This morning walk should be brisk and business like, with no particular object. The arms should swing lightly at either side, and some walking enthusiasts carry corks in their hands while taking the morning constitutional.

As soon as the girl has learned to walk in this perfectly erect yet springy manner, let her try running, but not to exercise thus until dizziness overtakes her or palpitation of the heart sets in. Next a few simple exercises for round shoulders.

Stand with the heels together, the abdomen in the chest high and extended out, the chin in, the head erect. Clasp the hands behind the back, with the palms turned upward and the thumbs touching the body. This position, if taken correctly, throws the chest high and draws the shoulders back. Now loosen the thumbs, but do not unclasp the hands, and bend the arms slowly at the wrists until the palms are down and the thumbs apart and out. Make sure you are standing firmly on your feet, then bend slowly at the waist, keeping knees stiff, and raise the clasped hands as far as possible toward the front or above the head, then straighten the back and forth, still clasped, while you count twenty. When first taking this exercise, resume the normal position of the hands and body after counting twenty. Later on you will be able to rest by merely stopping the swinging motion. This exercise will not only straighten shoulders and increase chest expansion, but it will put flesh on the shoulder blades and on the upper arm.

Another exercise which is invaluable for round-shouldered girls is this: Swing the hands together lightly behind the back, then stiffen the arms so that the palms of the hands are together, finger tips down, just below the waist line. Turn the hands forward until the finger tips point up, with the palms together and the elbows out at right angles with the body. Now run the finger tips slowly up the spinal column, palms together, until the finger tips touch the nape of the neck. Reverse the entire movement and rest before repeating them more than once. There is just as much danger in over-exercising for the growing girl as in too little exercise.

A light bamboo rod, four or five feet in length, will help wonderfully in straightening out the shoulders. Later this bamboo rod may be changed to a broom stick and later still to bar-bells such as are used in the regulation gymnasium. Swing the rod up under the chin, with the hands the width of the chest apart, clasp it lightly. Be sure you stand in a perfectly correct position and inhale through the nose, not through the mouth. Now swing the rod up, straight over the head, four times, or four counts, keeping the abdomen in. Drop back to the original position under the chin after each count, or on the "and" thus: up on 1, down on "and" up on 2 and down on "and" just as you count in first playing the piano. Next swing the rod straight up over the head and on the counts, drop it behind the shoulders, still keeping the arms straight, and count, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. Repeat the exercise. This is not fatiguing, but excellent in results.

Paris Patterns



No. 1942. Ladies' Jumper or Over-Blouse.

All Seams Allowed. The newest form of the jumper is shown in this smart model developed in pale heliotrope linen trimmed in Cluny lace. It is a decorative little garment and easy to adjust. There is no development of the Japanese sleeve which will give such chic to a toilette as this little jumper. It would develop nicely in tulle or Chinese silk. The pattern is in 7 sizes—32 to 44 inches, bust measure. For 36 bust the jumper requires 5/8 yards of goods 36 inches wide, 5/8 yards 36 inches wide, or 1 1/2 yards 42 inches wide; 5/8 yards of insertion and 1 1/2 yards of edging to trim.

To obtain this pattern or any of the others heretofore described in The Times, fill out the following coupon and inclose it with 10 cents in an envelope addressed to the Fashion Editor, The Washington Times, Munsey Building, Washington, D. C.

To the Fashion Editor, The Washington Times, Munsey Building, Washington, D. C.: Inclosed find 10 cents, for which send me Pattern No. .... Size ..... Date published ..... Name ..... street ..... city ..... State ..... Date of this order .....

Season's Color Scheme

The following prophecy of the colors which will rule in millinery and dress during the present season, is given by an English authority:

"That ancient favorite shade, old rose, is one of the best considered colors for the year, falling off to shrimp, and what is not inappreciable orange pink, with other yellowed tones on the way. Darkening up from old rose, too, there are shades having at least a winy flavor, which will probably meet fair success. Mosses and bronzes will certainly be good, and the delicate almond will have a fair share of attention. "Old-fashioned blue should inspire confidence, violets will again vindicate their claim to be taught hardly annuals, and champagnes will certainly be in good demand in the lighter and more fanciful goods. Blue green will probably secure a good position in the second line, and will be much helped by the revived feeling for shot silks." Tartans will be as popular as ever, and their vogue is spreading.

The tendency of hats is an "off the face" one, which means the total disappearance of long hats, torpedoes, and the rest.

Insects Exterminated

MOTHS, ROACHES, ANTS, BEDBUGS AND OTHER INSECTS EXTERMINATED under contract. CHARGES MODERATE. Estimates and advice gratis. 20 years' practical experience; no charge made until insects are fully exterminated.

Address, WENDAL B. CLUTE, Insect Specialist, 547 E. St. N. W., Washington, D. C.

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514 Ninth St. N. W. Phone Main 1518.

Domestic White Slinger New Home \$6.50

That's Guaranteed \$6.50

Your choice of these elegant machines, all in first-class condition and warranted for five years.

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KRAMER, 433 7th St. S. W. Phone Main 6578.

Nothing like it for the Summer Toilet. Fealy's Jassim Cream. Best for Tan. Best for Sunburn. Best for Freckles. Prices 15 and 25 cents. When in need of such a preparation phone or drop postal to: FEALY'S PHARMACY, 11th and Pa. Ave. Southeast.

## MILLINERY



The hat here illustrated is a graceful and serviceable design for summer wear. An odd shape, with high crown and medium brim in olive green straw, trimmed with wide liberty ribbon to match, draped about the crown and looped to form a large bow at the left side falling over the brim. A full bunch of paradise plumes, in a delicate shade of green, fall gracefully over the back.

Conveniences

"A place for everything and everything in its place," might be paraphrased into "a bag for everything and everything in a bag," for the family declare I use those convenient receptacles for every imaginable article," said the house mistress, laughingly. "But, certainly," she continued, "they are wonderfully convenient, and few women realize their possibilities as an aid to comfortable living."

"In the first place, they are the best possible preservers of valuable clothing—every dinner or ball gown should be kept in a glazed paper muslin bag, which is a perfect protection against moisture and air, as well as dust. These bags are made large enough to allow the skirt to hang straight, and are then hung on a hook with the waistband. To make a mouthproof bag for coats or cloaks, line the paper muslin with overlapping newspapers on the inside; if the material is light in color the newspapers should be covered with another sheet of paper muslin.

"No moth will penetrate a newspaper, but to take extra precaution a few moth balls may also be thrown into the bag. To keep housemaid's necessities bags are invaluable; one for window and the other for floor rag. A felt broom bag should be given to a maid to brush up her parquet floors with, as it takes up the dust as well as the refuse, and is better in that respect than hair brooms. It is made of felt to go over a common broom, and can be pinned together at the top around the handle.

"Wooden floors brushed up with a broom rag look much brighter than when swept with a hair broom. It goes without saying that each member of the family should have his or her own clothes bag or soiled garments; it saves work and keeps rooms tidy. My greatest comfort in the way of bags, however, is my own special set, as I have about a dozen, all labeled, and consequently I always know where to find what I want. In short, I cannot say too much for the comfort and convenience of plenty of bags, and every housekeeper should study their possibilities."

Useful Little Gift

Take a piece of Persian ribbon twenty-four inches long, line it with a thick roll of silk, fold and bind the edges with a pretty narrow ribbon. One end of the ribbon should be pointed. Make a number of little pockets and attach to the ber of the ribbon case. In each pocket tuck an individual card wound with baby ribbon, having a different color in each pocket. Add a ribbon bodkin, roll and tie the neat ribbon case with a piece of narrow ribbon, which is tied around the roll and fastened in bow at the pointed end. This is something appropriate for a gift to a girl friend.

LEESE INVISIBLE

THE PERFECT BIFOCAL

No cement—Distance and reading lenses fused together.

M. A. LEESE,

Manufacturing Optician,

614 Ninth Street N. W.

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Talking Machines

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ARE NOW ON SALE

Prices:

35c to \$6.00

If you are without a machine, don't put off getting one. They furnish an endless variety of high-class entertainment. Prices \$10 up. Easy terms, if desired.

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## Denmark's Queen

Until her marriage Queen Maud of Denmark was known to her intimates as Charlie and to the world at large as one of the brightest and liveliest, most cordial and unaffected girls in the British royal family. She was ten years old when she was crowned, and she has since been particularly rich, as it is the newspaper man had been sent to "cover" it. He was making notes of the royal costumes, and the princess, seeing him, opened her bag, took out a note-book, wrote a line and wrote on it. Then she crumpled the sheet into a ball and threw it at the shocked reporter. The royal message read: "I wish I was a reporter, too. I like you."

Princess Maud was brought up very strictly. She was not permitted to read a book or see a play unless they had passed under the censorship of her parents. She was never allowed to make visits unaccompanied by one or both of her parents, except to the home of her French governess, and never received gifts except from her own family. Curiously, too, the number of her toys was limited. Nearly all her dolls—which were few in number—came from the Marquis of Lorne, with whom she was a great favorite. She was ten years old before she was allowed to own a watch.

Yet this little Princess had a happy time. She cared for music and became an excellent pianist, learned both German and French from her two governesses and received a very careful religious training. In connection with this it may be recalled that she was christened, not in the chapel royal, as was then customary, but at Marlborough House, and that Dean Stanley officiated on this important occasion. Princess Maud was a child of varied tastes, a devotee of hobbies. She liked riding and cycling—she likes them still—very fond of photography (in which art her mother is so skilled), took up bookbinding, and she was a keen student of many handicrafts with more than passing interest.

No doubt, too, her influence in stimulating other girls usefully to occupy their leisure time was great. And when she was married the dressmaking class at the People's Palace was for her a tea jacket, of which the bride was extremely proud.

She is a great reader. She has traveled extensively, knows Russian, likes yachting, plays chess, and takes abundant joy in living.

Tomorrow Store Opens 8 A. M.; Closes 9 P. M.

LANSBURGH & BRO.

420 to 426 7th St. 417 to 425 8th St.

Muslin Underwear Specials

Women's Long Skirts, made of excellent quality muslin and cambric; full width; finished with deep umbrella and circular flounce, with rows of cluster tucks; others have deep hem; hemstitched foundation and dust ruffle. Length 40, 42, 44. 49c

Special

Women's Gowns, made of muslin and long cloth; full widths; in high and V-neck yoke; neatly tucked embroidery insertion neck and sleeve; finished with single ruffle; excellent 49c

Special

These Saturday Specials

Mean a Saving to You

An Opportunity That Seldom Comes

\$7.00 Silk Petticoats, \$4.98

Tomorrow we offer you just 100 Black Silk Taffeta Petticoats, made of excellent quality silk. This sale will prove of interest to those economically inclined. Most remarkable value ever offered in black silk taffeta petticoats. They are cut full and finished with a deep circular flare flounce, with rows of cluster shirring and embroidered in a rich rose design, giving the skirt a stylish and dressy effect. Foundation and dust ruffle and perfect fitting over hips. The lengths are 39, 40, 42, 44. Actual value, \$7.00. \$4.98

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A Word to the Men

Special Sale of Pajamas

A line of Madras Pajamas, the equal of which it would be hard to find. Being correctly proportioned and well made is a guarantee of a fine fit and the military collar and pearl buttons with which they are finished adds greatly to their outward appearance. All sizes, including extra large. Special at, per suit. \$1.00

Boys' Summer Clothes

Staunch and Stylish Extremely Low Priced

Our summer stock must be reduced. We, therefore, make this Saturday

The Banner Bargain Sale Day

of the Season

Watch the Following Reductions

Our Wash Blouse Suits, with bloomer or straight pants,

100 Cheviot or Crash. Choice, 48c. Worth... 65c

89 Calatea or Chambray. Choice, 69c. Worth.85c

65 Plaid Duck and English Crash. Choice, 89c. Worth... \$1.25

56 Imported Fabrics, Linen Effects. Choice, \$1.00. Worth... \$1.50

A line of Sailor and Boys' Straw Hats, slightly damaged in shipping, at the following reductions:

All 25c values... 13c Come Early

All 50c and 75c values... 25c and Select

All \$1, \$1.25, and \$1.50 values... 50c the Best

25 Crash Norfolk Suits; bloomer pants; sizes 9 to 16; this Saturday, per suit... \$1.39

92 White Duck Blouse Suits; bloomer pants; choice, per suit... 44c

68 Regulation Khaki Suits, in sizes 3 to 12; this Saturday only; per suit... 69c

See Sunday's Times

Pay to the order of Mary Smith (ME) \$5—Mary Smith.

This is the way one Woman wrote a check, and there are others

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